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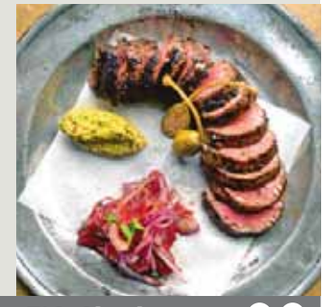

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UBC scientist using genomics to save declining population
metroNEWS

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BREEDING BETTER BEES

Girl receives medal for brave feat

EDMONTON

Five-year-old saved mother and brother's lives after car crash

Thandi Fletcher
Metro | Vancouver

A five-year-old B.C. girl is being recognized for saving her mother's and baby brother's lives after a car crash by climbing barefoot up a steep embankment and flagging down a passerby for help.

Alexis Shymanski, who goes by Lexi, received a bronze medal for bravery from the Royal Canadian Humane Association at a ceremony in Edmonton this week.

On June 8, Lexi was strapped into her car seat in the back of her family's SUV beside her 10-week-old brother Peter when their mother Angela Shymanski fell asleep at the wheel about 15 kilometres from Jasper, Alta., while driving home to Prince George.

The vehicle careered down a 12-metre embankment, slamming into a tree and stopping with its back wheels up in the air.

The family could not immediately be reached Tuesday.

In a previous interview with Metro, mom Shymanski described how Lexi knew she needed to get help. She managed to unclip her harness, open the car door and climb up the embankment's rugged terrain.

"It's crazy," said Shymanski. "I only can remember one or two times where she got out of her five-point harness previously. She somehow got out ... and barefoot hiked up the embankment."

When paramedics arrived, they had to use ropes to navigate the same steep terrain.

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metro NEWS
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Users aren't loving Twitter's new hearts. **Business**

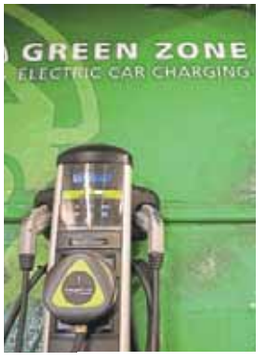
5 THINGS TO BECOME WORLD'S GREENEST CITY BY 2020

Vancouver is upping the ante as it strives to become the greenest city in the world by 2020. Right now, it's ranked fourth. The city will need a lot of help from the province and the federal government to achieve its lofty goals — especially when it comes to building the $3-billion Broadway subway. Here are five new actions it plans to take on its own. **Emily Jackson** METRO

HANNAH ZITNER/METRO FILE

1 (Finally) get a bike share system

The city has promised to implement a bike sharing system for a decade, arguing the system will encourage people to stop using cars for short trips. The city has dumped its original supplier and is on the hunt for a new operator with better technology. City staff is reviewing proposals and expects to come back to council with a recommendation shortly.



MATT DESOUZA/METRO FILE

2 Ensure plug-ins for electric vehicles

Mayor Robertson wants the city to get ready with plug-ins and chargers for when residents start ditching their gas guzzling cars for electric vehicles. "We don't know when the big push from the market side will come, but we must get the city prepared for that," he said. It plans to create a new electric vehicle strategy to encourage people to buy electric. That's gotta be music to Tesla's ears.

CONTRIBUTED

3 Slap warning labels on gas pumps

Would a warning label on a gas pump stop people from driving their fossil fuel powered vehicles the same way a label on a cigarette package might make someone think twice before smoking? The city hopes so. It intends to create a label warning about either greenhouse gas emissions or air quality in 2016. It's an idea that a group of Vancouver students called Kids for Climate Action has been pushing for.

4 Require large towers to report on energy use

Tall apartment towers, condo buildings and commercial offices account for a vast amount of energy use in the city. (Buildings in general account for 55 per cent of the total greenhouse gas emissions.) The city wants the largest towers to report on their annual energy use so they can create a benchmarking system. Once the city knows how much energy these buildings use, it can start looking at ways to make them more efficient.

JENNIFER GAUTHIER/METRO

COURTESY/CITY OF VANCOUVER

5 Require carbon neutral buildings

Whether someone wants to build a single-family home or a tower, the city will demand it be carbon neutral. This will involve a major shift in policy — not to mention winning over the development community. The city will update its rezoning policies and its building code to ensure features such as insulation and windows don't result in energy loss, and it will introduce greenhouse gas emissions targets for new buildings.

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Highway of Tears documents

SAFETY

Papers reveal residents want better public transportation

Newly released documents reveal northern B.C. residents have deep concerns about transportation services along the so-called Highway of Tears despite government statements about improved safety, Opposition New Democrats say.

Maurine Karagianis, the NDP critic for women, said Tuesday a year-old freedom of information request reveals residents want better public transportation on Highway 16, which runs more than 700 kilometres, between Prince George to Prince Rupert.

At least 18 women and girls, many of them aboriginal, have been murdered or disappeared along Highway 16 and the adjacent routes — Highway 5 and Highway 97 — since 1969.

Karagianis said Transportation Minister Todd Stone has said public consultations in the area determined improved transportation along the corridor was not deemed practical by area residents.

"The minister has continued to tell us for a year there wasn't a big desire for a bus, that it wasn't a practical solution," said Karagianis. "Certainly, looking at the FOI documents on the consultation that we have recently read, that is not true."

Thirty-six pages of documents posted on the government's Open Information website include reports about meetings that covered topics including missing women, hitchhiking and bus service.

The meetings were held last year with 12 First Nations, 13 municipalities and 70 leaders in the area.

Some of the documents are in the form of briefing notes to high-level ministry bureaucrats. One briefing note said communities view naming Highway 16 as the Highway of Tears "as negative."

At least 18 women and girls have been murdered or disappeared along B.C.'s Highway 16 — the Highway of Tears — and its adjacent routes since 1969. THE CANADIAN PRESS FILE PHOTO

> **Missing women must be part of the conversation as that is the only reason the Ministry of Transportation is in the room.**
> Briefing note to transport ministry bureaucrats

Another note from a meeting in Smithers states, "missing women must be part of the conversation as that is the only reason the Ministry of Transportation is in the room."

Jennifer Rice, the New Democrat member for Prince Rupert, told the legislature Tuesday that the documents show that the government has been denying that First Nations women and local residents have concerns about lack of safe transportation alternatives on the highway.

Stone said the highway is safer than it was 15 years ago. He pointed to government efforts to improve cellular service in the area and the introduction of a health bus that helps take people living in rural areas to medical appointments.

"The important thing here, I think, for people on Highway 16, is that we continue to focus on how we can make this corridor safer, and that's the work I'm pouring myself into. That's the work my officials are putting their shoulders into," said Stone.

He said the government has released 600 pages of information on Highway 16 since 2012.

The government has come under fire recently after a Transportation Ministry employee deleted potentially sensitive emails about the Highways of Tears investigation. A whistleblower later complained and that set off an investigation by B.C.'s privacy commissioner.

Last's month's report by Commissioner Elizabeth Denham highlighted a failure by the government to keep adequate email records or document searches and the wilful destruction of records in response to a freedom-of-information request.

Her report, Access Denied, said high-ranking officials in the premier's office were found to have no email records during freedom-of-information requests and attempts to obtain Premier Christy Clark's email records also found nothing on her email account.

Clark has since directed ministers and government staff to save the emails they send until the completion of a review of Denham's report.

THE CANADIAN PRESS

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TRANSIT

Compass cards hit milestone

Matt Kieltyka
Metro | Vancouver

TransLink says up to 2,000 new Compass cards are being activated each day.

This fall marked an important milestone for the delayed electronic fare card system, as the Compass vending machines began selling the reloadable cards, monthly pass users jump onto the system and a switch to one-zone fares for all buses heralded the first concentrated push for getting users to tap on throughout the region's public transit network.

Jennifer Morland, TransLink spokesperson, said 275,000 cards are now activated and approximately 25,000 monthly passes have been loaded onto cards. Another 1,000 to 2,000 cards are activated daily.

Although the cards are in mass circulation, fare gates at rapid transit stations will remain open for the time being.

One of the biggest challenges, she said, has been getting people to tap out when they get off the SkyTrain, SeaBus or West Coast Express.

Monthly pass holders have complained about being charged extra fares, and not being able to use their cards again until the outstanding balance is paid, when they've forgotten to tap out at the end of their trip.

Morland said if users don't tap out, the system automatically charges a three-zone fare to the cardholder's account, regardless of how many zones they actually travelled.

Tapping off buses is not required.

"It's important for customers to tap in and tap out," said Morland, saying it's a new behaviour transit users will have to get familiar with.

> **The feedback that we've received has been very good so far.**
> Jennifer Morland

In the meantime, she said TransLink customer service is on hand and ready to "make it right" for new Compass users whose mistakes have cost them extra money.

When asked whether customer service was handling an increase in calls and complaints during the transition, Morland told Metro that information was not available. However, several readers who have experiences issues with their Compass Card say call wait times are often 30 minutes or more.

TransLink says 275,000 Compass cards have been activated across Metro Vancouver. JENNIFER GAUTHIER/METRO FILE

Scientist wants to beat the bees' bugs

AGRICULTURE

Breeding to produce queen that is resistant to disease

Thandi Fletcher
Metro | Vancouver

A University of British Columbia scientist wants to take the sting out of pests and pathogens that are killing off bee colonies around the world.

Leonard Foster, a professor in UBC's School of Biochemistry and Molecular Biology, is leading the novel project using molecular diagnostics to selectively breed queen bees with valuable genetic traits. The process allows Canadian beekeepers to breed bee colonies that are free of pests, resistant to disease and produce more honey.

"We're not trying to genetically modify bees," Foster told Metro in a phone interview. "This is bringing modern tools to what has been done in agriculture for 10,000 years of human civilization. We're simply breeding in a more efficient way."

Bee colonies around the world have been collapsing at an alarming rate. Habitat loss, climate change, pesticides, parasites and disease have all been blamed for the insects' plummeting populations.

The rate at bees are dying is especially alarming considering the critical role the insects play in Canadian agriculture. Honeybees in this country produce 75 million pounds of honey each year and are responsible for pollinating many fruits and vegetable crops, nuts and oil seeds like canola, the total economic contribution of which is valued at $4.6 billion annually, according to the Canadian Honey Council.

Leonard Foster, a professor in UBC's School of Biochemistry and Molecular Biology, is leading a project using molecular diagnostics to selectively breed queen bees with valuable genetic traits that protect against pests and disease. COURTESY GENOME BC

> **We hope that we will get to the point where a beekeeper doesn't have to treat their bees for diseases.**
> Leonard Foster

Beekeepers try to protect bee colonies from harmful diseases using pesticides, but some pests like the varroa mite are developing resistance to the chemicals.

To replace lost colonies, beekeepers import queen bees from offshore, but that practice risks importing new diseases and invasive strains of honeybees.

The most sustainable solution to the problem, said Foster, is to breed queen bees that have natural resistance to pests.

Foster and his colleague Amro Zayed, a biologist professor at York University, are using a molecular diagnostic test, a technique used to analyse biological markers in the genetic code, to identify and selectively breed queen bees with valuable traits.

An example of a valuable trait, said Foster, is the natural tendency of some bees to practice "hygienic behaviour," which helps them identify and remove a pest or diseased larva from the hive and keep the level of disease down in the colony.

Scientists hope selective breeding can help cut down the loss of Canadian bee colonies during winter from 30 per cent to 10 per cent, said Foster.

The project, which costs $7.3 million, is funded in part by Genome British Columbia and Genome Canada.

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IN BRIEF

Advice on doctor-assisted dying on hold for now
Lawmakers in B.C. have suspended a committee's recommendations on physician-assisted dying as they wait for guidance from the new federal government.

Health Minister Terry Lake says it only makes sense to see the direction that prime minister-designate Justin Trudeau's government takes after the Supreme Court of Canada struck down the law banning doctor-assisted dying. The court gave the federal government until February to change the law, and Lake says it's unclear if Trudeau's government will be asking for an extension to that deadline. THE CANADIAN PRESS

B.C. man found guilty of manslaughter
Family and friends of a woman who died in a house fire cried Tuesday as a jury in Kamloops found a man guilty of setting the blaze.

David Gordon has been convicted of manslaughter and two counts of causing damage by fire or explosion in the April 25, 2013, fire that claimed the life of Cheryl William.

The Crown is seeking to have Gordon declared a dangerous offender, which could see him get an indefinite sentence.
THE CANADIAN PRESS

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A University of Victoria study found that B.C.'s new happy hours save patrons 35 cents on an average drink when compared to the previous daily drink specials. JENNIFER GAUTHIER/METRO FILE

Happy hour rules didn't delight all

STUDY

Cheaper drinks can have negative social effects

Emily Jackson
Metro | Vancouver

When the province finally allowed B.C. bars and pubs to charge happy hour prices in 2014, some establishments feared they'd actually have to raise their prices — especially on pitchers of beer — to meet new provincial minimum alcohol pricing.

But it seems happy hour patrons are indeed keeping more cash in their pockets, according to a new study from the University of Victoria's Centre for Addictions Research.

Imbibers are saving about 35 cents per happy hour drink compared to daily drink specials, the only discount previously allowed before the province loosened up its rules as part of an extensive liquor law review.

The study found the discounts were especially deep for stronger alcohol content beer, which were treated the same as all beer despite a higher alcohol content.

While people sneaking out of work early for a pint may be pleased to save cash, the study warned that cheaper alcohol can have negative social impacts, such as crime and traffic violations.

It recommends that minimum prices should be calculated based on the amount of alcohol in a beverage, not the type of liquid, and should be increased annually to keep pace with the cost of living. (Right now, that would boost minimums to $3.25.)

The study also recommends restricting happy hours to a maximum of two hours.

197

The study is based on 197 happy hour drink specials at 30 pubs, clubs and bars in Victoria, nearly all of which implemented some sort of happy hour. It analyzed how they adopted the $3 minimum pricing per standard drink.

KAMLOOPS

Men guilty in rival's death

Two men have pleaded guilty to reduced charges in what police described as a gang-related murder in a schoolyard in Kamloops.

Travis Johnny and Anthony Scotchman entered guilty pleas in B.C. Supreme Court Tuesday.

Both were charged with one count each of first-degree murder and commission of an offence for a criminal organization stemming from the March 2011 slaying of 23-year-old Archie LePretre of Vancouver.

In exchange for the guilty pleas, the Crown dropped the criminal-organization charges, allegedly related to the Redd Alert street gang.

Johnny, 26, pleaded guilty to second-degree murder, which carries an automatic sentence of life in prison, while 28-year-old Scotchman admitted to manslaughter.

LePretre was playing basketball in the Stuart Wood elementary schoolyard with his cousin when he was attacked by three masked assailants wielding knives and a baseball bat, police said at the time.

Mounties told a news conference that the murder involved a conflict between members of rival criminal organizations.

"Police have established that Archie LePretre and his cousin were victims of a focused, targeted, gang-related attack," RCMP Staff Sgt. Grant Learned said at the time. "The suspects are believed to be from a known rival gang."

LePretre's family said he was not involved with a gang.

Johnny is slated to return to court in March to find out how long he will serve before he is eligible for parole. Scotchman's sentencing hearing is scheduled to take place the following day.
THE CANADIAN PRESS

Get in touch with poverty

UNITED WAY

Simulator challenges you to get real

Matt Kieltyka
Metro | Vancouver

A new online simulator brings to light the daily struggles that face Vancouver families living in poverty.

One in six Metro Vancouver residents live in poverty and British Columbia has the worst rates of child poverty in the country, according to United Way of the Lower Mainland president Michael McKnight.

McKnight said many people don't understand the tough choices facing families who often choose between paying rent and providing for the family or visiting the dentist, or involving children in after-school activities and sports.

So the United Way has launched www.makethemonth.ca, where anyone can simulate what it is like to live paycheque to paycheque.

"What we hope is the increased level of sensitivity around these issues creates an increased level of responsibility for all of us," said McKnight. "There are pressures facing families that we don't understand or see."

Do you call in sick when it costs you a day's pay? Can you afford to chip in $20 for a gift for a co-worker or do you risk the embarrassment of saying no? Do you take your children to the dentist?

The consequences of each choice are explained as the site tracks how many days remain until payday, stress level and how many costly expenditures have been deferred for later.

New United Way online simulation shows how difficult it is to make ends meet in Vancouver on $1,600 a month. SCREENGRAB

CHINATOWN

Police arrest suspect in purse snatchings

Thandi Fletcher
Metro | Vancouver

Police have arrested an alleged purse snatcher accused of robbing an 85-year-old woman in Vancouver's Chinatown neighbourhood Tuesday afternoon.

Around 3 p.m., officers spotted a man as he allegedly pushed an 85-year-old woman to the ground at Gore Avenue and Keefer Street and took off with her purse. The woman suffered minor injuries, police said.

Officers followed him to the 200 block of East Pender Street where he was taken into custody. The 28-year-old Surrey man is facing charges in connection with the purse snatching.

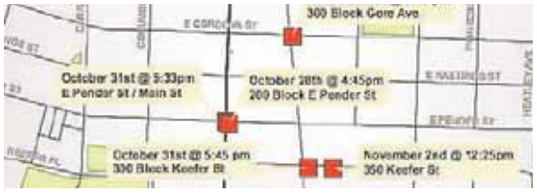
Police are investigating whether the man is responsible for five other purse snatchings in Chinatown since last Wednesday.

In all four cases, police said the victims were walking when a man (described as a six-feet-tall slim white man in his 20s wearing jeans and a dark jacket), approached them from behind and shoved them to the ground before running off with their purses.

Police believe the victims, all Chinese women ranging in age from 51 to 91, were targeted based on their age, sex and ethnicity. Four were injured during the attacks, suffering cuts and bruises to their knees.

"These are certainly cowardly attacks on these women," Sgt. Randy Fincham told reporters at a news conference Monday.

Anyone with information is asked to contact Vancouver police or Crime Stoppers.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E Pender St / Main St
October 28th @ 4:45pm
200 Block E Pender St
October 31st @ 5:45 pm
300 Block Keefer St
November 2nd @ 12:25pm
350 Keefer St

A map showing purse snatchings in Chinatown. A new incident took place Tuesday at Gore Avenue and Keefer Street.
COURTESY VPD

IN BRIEF

Man dies in crash south of Golden, B.C.

A 36-year-old Vernon man has been identified as the victim of a single-vehicle crash on Highway 95 south of Golden in southeastern B.C. The coroners service says Michael Swanson was driving a small commercial truck early on Oct. 30 when it swerved down an embankment and rolled, killing him at the scene.

RCMP, WorkSafeBC and the coroner are investigating the cause of the crash.
THE CANADIAN PRESS

Two people walk away from island plane crash

Vancouver Island RCMP are working with Transport Canada after a plane crashed into the Puntledge River near the Courtenay Airpark on Monday. Comox Valley RCMP found the plane in the river while two occupants were safely on shore. Department of Fisheries and B.C.'s Environment Ministry crews were called to handle environmental issues, while an investigation is underway into why the plane went down. THE CANADIAN PRESS

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The B.C. Wildfire Service conducted some tests this summer to see whether or not it's feasible to use these unmanned aerial vehicles to fight wildfires. THE CANADIAN PRESS/HANDOUT, HUMMINGBIRD DRONES

Drones assessed to help combat blazes

TECHNOLOGY

Devices flown mostly at night to collect data, focus efforts

Drones flying above wildfires in British Columbia last summer hampered aerial efforts to control the blazes. But around the same time, the province was also using the unmanned aerial vehicles to determine if drones could be used to help fight wildfires.

The B.C. Wildfire Service contracted two commercial drone companies in July and August to soar above the Boulder Creek and Elaho fires near Pemberton and the Rock Creek fire just north of the Canada-U.S. border.

"It was very much kind of a small-scale trial to see how they could integrate, what kind of products they could generate for us," explained chief fire information officer Kevin Skrepnek.

The drones flew in areas where flames had already been doused, mapping fires and using thermal imaging to look for hot spots that could flare again.

Typically, finding hot spots is done with helicopters using a thermal scanning device or people searching the forest floor on their hands and knees, Skrepnek said.

Robert Atwood, co-founder of Hummingbird Drones in Kamloops, B.C., said his experience fighting wildfires during summer breaks from university helped tailor services specifically to support fire suppression efforts.

"What we're trying to accomplish is making the process of putting (fires) out more efficient," he explained.

Three of the company's machines were used in the test, each equipped with infrared scanning technology. They flew mostly at night, at times soaring almost 500 metres in the air.

The team would then compile the data and get it to fire crews by the next morning to help them focus fire-fighting efforts.

In order to fly over the blazes, Atwood and his team needed to get a special flight-operation certificate from Transportation Canada that allowed them into the restricted airspace.

Not having the proper training and permits can cause big problems, Atwood said.

THE CANADIAN PRESS

SPY IN THE SKY?

An unauthorized drone flying near the Testalindin Creek fire near Oliver in August grounded eight helicopters and five planes for more than three hours. It's unclear what the unauthorized drones were doing in the restricted airspace and no one was ever caught.

THEFT

Bar robbers armed with machete, gun

Thandi Fletcher
Metro | Vancouver

Police are releasing surveillance footage in an effort to identify three masked men who allegedly robbed a Vancouver restaurant armed with a machete and a gun.

The incident happened around 9 p.m. on Sept. 12 when three men entered the Phoenix Garden Restaurant near Nanaimo Street and Broadway through a rear entrance, according to police.

Const. Brian Montague, spokesman for Vancouver police, said one man was waving a pistol and pointing it at staff and customers, while another held a machete.

He said the men demanded wallets, watches and other valuables from staff and patrons before running off to a waiting car in the back parking lot.

"The staff and customers hid behind objects and under tables trying and avoid these men," Montague told reporters Tuesday. "There were no injuries but obviously everyone inside the restaurant ... was quite shaken by the incident."

Although the incident took place nearly two months ago, Montague said police have reached a point in the investigation where they are hoping the public can help identify the masked men.

"Acts of violence like this are clearly unacceptable," Montague said in a news release. "Somebody knows who these three men are. We hope they do the right thing and call police before someone gets seriously hurt."

Anyone with information about the incident or who can identify the men is asked to contact Vancouver police or Crime Stoppers, if they wish to remain anonymous.

Surveillance footage showing one of the three masked men. COURTESY VANCOUVER POLICE

Big moment arrives for Trudeau, cabinet

PARLIAMENT

Rideau Hill event will give Canada its new leader

Michael Woods
Metro | Ottawa

Canada will officially have a new prime minister Wednesday, and TV networks and live-streaming services are inviting everyone to tune in.

At 9:45 a.m., prime minister-designate Justin Trudeau and his ministers-to-be will arrive by bus, stroll up the governor general's driveway together and head inside to be sworn in.

The arrival plan is a stark contrast from past cabinet swearing-in ceremonies, when MPs arrived individually or with their families in separate cars.

It underlines Trudeau's emphasis during the campaign on the strong team he wanted to bring with him to Ottawa.

In another break from the past, members of the public are invited to Rideau Hall to watch the 10:30 a.m. ceremony on two outdoor TV screens.

Visitors are asked to arrive by 9:30 a.m. at the latest. Rideau Hall suggests they "dress appropriately and wear comfortable shoes as they may need to stand on the grass or on uneven ground."

Prior to the swearing-in ceremony, Stephen Harper will meet privately with the governor general at Rideau Hall to formally resign as prime minister.

The ceremony can be live-streamed at the website swearing-in.gg.ca.

For the Twitter crowd, Rideau Hall has identified two hashtags for the event: #PM23 and #SwearingIn.

Prime minister-designate Justin Trudeau makes his way to his car after taking a tour of the West Block construction site on Parliament Hill on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

MPs to keep an eye on

Much has been made of Justin Trudeau's hand-picked star recruits, newly minted MPs who may be in line for a cabinet post.

But there are dozens of lesser-known new MPs with impressive and eclectic credentials, some of whom could also wind up in cabinet, leading influential parliamentary committees or serving as parliamentary secretaries. Here's a brief look at some of the fresh faces who may be in for a cabinet post:

1 Maryam Monsef
Liberal — A refugee and community activist; founded the Red Pashmina Campaign

2 Anita Vandenbeld
Liberal — International expert on democracy and human rights

3 Robert-Falcon Ouellette
Liberal — Expert on indigenous education; professional musician

About one-third of the 99 members comprising the new Conservative caucus are federal rookies, though many come from political careers in other levels of government.

The NDP, meanwhile, has 44 caucus members, including 16 new MPs. Here's two more MPs to learn more about:

1 Bob Saroya
Conservative — Immigrated to Canada from India in 1974; distinction of being one of few Conservative MPs from Toronto-area

2 Richard Cannings
NDP — A biologist who served on B.C.'s Environmental Appeal Board

3 Rachael Harder
Conservative — One of the youngest new members of the caucus at 28; background in researching youth issues THE CANADIAN PRESS

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More clues in crash

METROJET AIRBUS

Satellite shots picked up heat around jet before crash

U.S. satellite imagery detected heat around a Russian passenger jet just before it went down in Egypt's Sinai Peninsula, two U.S. officials said Tuesday. But the discovery doesn't resolve the mystery of why the plane crashed, killing all 224 aboard.

A missile striking the Metrojet Airbus A321-200 was ruled out because neither a launch nor an engine burn had been detected, one of the officials said.

The infrared activity that was detected could mean many things, including a bomb blast or that an engine on the plane exploded due to a malfunction.

Aviation analyst Paul Beaver said the heat picked up by the satellite "indicates that there was a catastrophic explosion or disintegration of the airplane," but doesn't reveal the cause.

He said it could be a bomb, or a fuel tank or engine exploding, although "engines are designed so that if something malfunctions or breaks off, it is contained within the engine," Beaver added.

Both U.S. officials spoke on condition of anonymity because they weren't authorized to discuss the information publicly.

Some aviation experts had earlier suggested a bomb was the most likely cause of Saturday's crash, while some others pointed at a 2001 incident in which the jet damaged its tail during landing.

The Metrojet was flying from Egypt's Red Sea resort of Sharm el-Sheikh to St. Petersburg when it crashed in the Sinai Peninsula after breaking up at high altitude, Russian aviation officials said.

An international team of experts prepared to analyze the plane's flight data and cockpit voice recorders, the so-called "black boxes." THE ASSOCIATED PRESS

CROSSING TOO RISKY Migrants get off a dinghy after they cancelled their journey because of bad weather. They were planning to travel to Greek island of Chios from the Turkish coast near Cesme, Izmir, Turkey, Tuesday. More than 300,000 people have travelled on dinghies from Turkey to Greece, with dozens dying along the way. EMRE TAZEGUL/THE ASSOCIATED PRESS

ITALY

Vatican scandal heats up

Two new books are deepening a Vatican scandal with tales of mismanagement and greed, such as sainthood causes that can cost up to a half-million dollars and a monsignor allegedly breaking down the wall of his next-door neighbour — a sick, elderly priest — to expand his already palatial apartment.

The leaks in the new books are seen as part of a bitter internal struggle between the reformers and the old guard. This week, the Vatican arrested two former members of the commission in an investigation into stolen documents.

Merchants in the Temple. by journalist Gianluigi Nuzzi, alleges that Vatican officials who promote sainthood causes bring in hundreds of thousands of euros in donations for their causes.

The new book Avarice, by journalist Emiliano Fittipaldi, details financial wrongdoing at the Vatican, citing reports by independent auditors. THE ASSOCIATED PRESS

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COMPENSATION

France paying out Holocaust survivors and their families

Holocaust survivors and family members in the U.S., Israel and elsewhere can now apply for compensation from a $60 million fund for those deported to Nazi camps by France's state rail company SNCF.

The application period for the French-funded, U.S.-administered program opened Tuesday.

The money will be available for survivors of deportations, or spouses or family members of deportees who have since died.

> **We consider this a very important day,**
> Stuart Eizenstat

"We consider this a very important day. People have waited 70 years," Stuart Eizenstat, U.S. special adviser on Holocaust issues, told reporters.

The compensation will be calculated and distributed after the application deadline May 31, 2016, once organizers know how many are eligible. Eizenstat said officials are considering making payments to survivors before the deadline, because of their advanced age.

Survivors can expect to receive about $100,000 each, while spouses could receive tens of thousands of dollars, Eizenstat said. THE ASSOCIATED PRESS

INDIA

Uber rapist gets life sentence

An Indian court sentenced an Uber driver to life in prison Tuesday for raping a passenger in his vehicle last December, in a case that has triggered widespread protests against sexual violence and demands to ensure women's safety.

Judge Kaveri Baweja had earlier found the driver, Shiv Kumar Yadav, guilty of rape, criminal intimidation, kidnapping and endangering the woman's life.

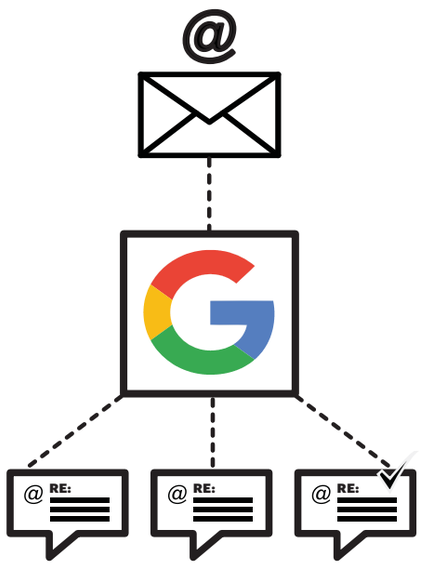
She sentenced Yadav to "rigorous imprisonment for life," the Press Trust of India news agency reported.

The victim, who works for a private company, had hired the cab for a ride home in the Indian capital. She filed a lawsuit against Uber in a U.S. court seeking unspecified damages and accusing the company of failing to properly investigate Yadav's background. The lawsuit was later settled out of court. THE ASSOCIATED PRESS

BACKGROUND

Ride-sharing takes a hit

The case was a blow to Uber. The New Delhi government banned app-based taxi companies after the rape. Uber lost its licence to operate in the Indian capital for failing to carry out proper background checks, but it was restored in July. THE ASSOCIATED PRESS



Smart Reply will be released on Thursday.
ILLUSTRATION: ANDRES PLANA/METRO

Tool replies to emails

SOFTWARE

Google's Smart Reply offers choice of short answers

Thanks. Got it. Will do.

These are the kind of rote email responses Google wants to save users from typing with a new tool that generates automatic replies.

The Internet search giant will introduce Smart Reply on Thursday to its Inbox by Gmail app for Android and iPhones. The software scans emails to capture the gist of what is being said and suggests three short phrases in response.

Users select the best option at the bottom of a smartphone screen. Then they can either click send or tack on a more personalized message.

Smart Reply learns to predict likely answers based on past responses. However, experts are not convinced the tool will do much to address the time management and productivity problems associated with e-mail culture.

Many employees suffer from stress related to the number of emails they receive, expectations for replies and pressure to be connected 24/7, said Stephen Liptrap, executive VP at human resources and tech consultancy Morneau Shepell.

Liptrap said 20 to 50 per cent of emails could be eliminated if people were more conscious about whether a response adds value and who we include on the reply. TORSTAR NEWS SERVICE

TWITTER

New icon breaks users' hearts

Many Twitter users aren't feeling the love for the social network's new hearts.

The red icon has replaced the star that was found below each tweet.

Before the change, clicking the star meant a tweet was a "favourite," and now clicking the heart means you "like" a tweet.

Twitter Inc. says it made the change because the star can confuse new users and the heart is more universally known around the world.

But the move is facing strong opposition from some Twitter users. Joanna Cornish said Tuesday the "star" icon was a unique aspect of Twitter, and she doesn't like the "idea of sameness" with using the heart emoji also featured on Facebook and Instagram.

"Within the realm of Twitter, I think people figured out the star pretty quickly," said Cornish, who has more than 2,000 followers.

"When you first join Twitter, it is pretty disconcerting; but it's not an impenetrable fortress that you can't figure out.

"I don't think the star is that confusing." THE CANADIAN PRESS

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PUBLIC NOTICE

BRITISH COLUMBIA UTILITIES COMMISSION

APPENDIX B
to Order G-169-15

INSURANCE CORPORATION OF BRITISH COLUMBIA
AN APPLICATION FOR APPROVAL OF THE REVENUE REQUIREMENTS FOR UNIVERSAL COMPULSORY AUTOMOBILE INSURANCE FOR THE POLICY YEAR COMMENCING NOVEMBER 1, 2015

Special Direction IC2 to the BC Utilities Commission, BC Regulation 307/2004, as amended (Special Direction IC2), requires the Insurance Corporation of British Columbia (ICBC) to file a revenue requirements application annually. On August 31, 2015, ICBC submitted a partial Revenue Requirements Application for Universal Compulsory Automobile (Basic) insurance. On October 15, 2015, ICBC submitted outstanding materials including the actuarial analysis, the capital management plan, and information on operating expenses (Application). The ICBC 2015 Revenue Requirements Application requested rate change is a 5.5 percent increase in Basic insurance rates for the policy year commencing November 1, 2015.

The Commission is initiating a review of the Application. To view the timetable for this hearing and the Application go to www.bcuc.com select "Current Proceedings" under "Quick Links" and scroll to "ICBC 2015 Revenue Requirements."

HOW TO GET INVOLVED

If you wish to actively participate in the review process, you must register as an intervener with the Commission by Monday, November 16, 2015, through the Commission's website at www.bcuc.com or in writing to the Commission Secretary using the Commission contact information provided at the end of this notice. Interveners must identify the issues they intend to pursue as well as the nature and extent of their anticipated involvement in the review process. Interveners will receive email notice of all correspondence and filed documentation. An email address should be provided if available. At the time of registration, interveners should also state their intent to attend the procedural conference scheduled on Thursday, December 17, 2015.

	Procedural Conference
	The Commission will consider the process to review the Application.
Date: **Time:**	Thursday, December 17, 2015 Commencing at 9:00 a.m.
Location:	Commission Hearing Room 12th Floor, 1125 Howe Street Vancouver, BC V6Z 2K8

Persons not expecting to actively participate, but who have an interest in the proceeding, should register as an interested party through the Commission's website or in writing to the Commission Secretary by Monday, November 16, 2015, identifying their interest in the Application. Interested parties will receive a copy of the Commission's decision when it is issued.

Letters of comment may also be submitted. All submissions and/or correspondence received relating to the application are provided to the Commission panel and all participants in the proceeding. Submissions are placed on the public record and posted to the Commission's website. By participating and/or providing comment on the application, you agree that all submissions will be placed on the public record and posted on the Commission's website.

All submissions and/or correspondence received from active participants or the public relating to the Application will be placed on the public record and posted to the Commission's website.

VIEW THE DOCUMENTS

The Application and all supporting documentation are available on the Commission's website under "Current Applications" page. If you would like to review a hard copy of the material, it is available to be viewed at the locations outlined below:

British Columbia Utilities Commission	**Insurance Corporation of British Columbia**
Sixth Floor, 900 Howe Street Vancouver, BC V6Z 2N3 Phone: 604-660-4700 Toll Free: 1-800-663-1385 www.bcuc.com	151 West Esplanade North Vancouver, BC V7M 3H9 www.icbc.com

FOR MORE INFORMATION OR TO REGISTER

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2009	HYUNDAI SONATA GLS	$8,988	#6471
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2009	TOYOTA CAMRY	$9,588	#6631
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2011	CHEVROLET IMPALA LT	$9,977	#6396
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2015	MERCEDES FORTWO PASSION	$12,888	#6434
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Your essential daily news
Wednesday, November 4, 2015

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I have the world's worst boss. On the weekend, I sent him an angry email (I admit I was drinking). I basically told him he was unfair to his staff. He hasn't said anything, so I'm hoping he missed it. What should I do?

Dear Ellen,

I have the world's worst boss. Every week we have a departmental meeting but he's always late. It's a very high-pressure job so it's extremely frustrating to waste time waiting for him. Also, he never sticks to the agenda. Instead, he brings up random items and becomes irritated when people are not prepared to discuss them. There are lots more problems, but my big problem is that I sent him an angry email on the weekend (I admit I was drinking). I basically told him he was unfair to his staff. When I came back to work on Monday, he didn't say anything, so I'm hoping he missed it because he gets so many emails. But I'm also worried he's just waiting to sarcastically criticize me at the next weekly meeting, which is how he fired the last person here.

What should I do?

Anita, Toronto

Dear Anita,

I can't pretend I've never sent a drunk-and-disorderly email. My solution on one occasion — in the sudden, horrifying realization of what I'd done — was to quickly send 50 more emails with blank messages, and then send a final email claiming I'd been hacked. I was hoping the target of my attack would see so many emails in his inbox that he wouldn't bother to read any of them. I can't remember if it worked or not. Sometimes failing memory is a good thing. In any case, it's too late for you to try this tactic.

Do not drink and then attempt to operate any electronic devices.

As for your angry email, I'd love to tell you to quit so you don't have to work for this sociopath anymore, but I'm sure you've already considered that option. And the fact is, no matter where you work, there will always be at least one person in the office who seems determined to make your life a living hell.

I've experienced many versions of the type. One uncouth, gluttonous co-worker used to scarf down weird-flavoured potato chips all day. Judging by his breath, I'm guessing his favourite was extra-garlicky cabbage roll. Then he'd lean into my cubicle and smear his greasy fingers all over my computer screen to make unhelpful editing suggestions. Another co-worker spent all day interrupting my concentration to talk about her hair, and her boyfriend, and her diet, and her hair, and a dream she had about her boyfriend, and also a diet-hunger dream she had about her hair. Looking back, I think getting fired from that job would have been an act of mercy.

But at least those co-workers' sins were out in the open. More dangerous were the colleagues who appeared to be pleasant and professional, but were really back-stabbing, idea-stealing, confidence-undermining, power-sucking corporate sluts. Unfortunately, this latter category is the group from which many managers and supervisors are drawn — including your boss. He's clearly a prime example: a petty bully who's not secure or smart enough to know that treating people well is actually the best way to get them to work hard and be more productive.

So what should you do? If the email was a profanity-laced rant that no polite person would inflict on another human being, I'd suggest going to your boss in person and apologizing. But if he's as bad as you say, and if your email simply, and accurately, called him "unfair to his staff," there's no point. He'd likely meet any apology with ridicule rather than gracious acceptance.

My advice is to pretend it never happened. If he's going to fire you, there's nothing to be done except wait for it with all the dignity you can muster.

In future, my added advice is to state the obvious: Do not drink and then try to operate any electronic devices. If you must stab out an abusive message, send the drunk version to yourself, and review it in the morning.

You'd be surprised how satisfying and often hilarious it can be, not to mention the salubrious sense of relief with which you'll start the day.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Sure, rehire the FHRITP guy. Maybe a dose of humility reformed him.

You know how you can lead a horse to water, but you can't make it drink?

Well, there's this sister saying: If you lead a horse to water, sometimes, it takes a drink.

And that's why we should be just fine with the F--k Her Right In The P---y guy getting his job back at Hydro One.

Remember him? He didn't yell FHRITP at a female journalist during a live broadcast, but he defended the guy who did, calling it "f--king hilarious." Shawn Simoes was fired, but has since been rehired via an arbitration process. His union claims Simoes made "extensive efforts" to make amends, including sensitivity training, a donation to an anti-violence-against-women group and an apology to the reporter, Shauna Hunt.

Who knows how much he donated, or whether he's been sufficiently sensitized, or even if he meant that apology, offered days after his conduct went viral.

But I do know this: I want a society where it's possible for jerks to be rehabilitated. Where misogyny isn't just ostracized, but effectively neutered. Where we expect people to learn and change, even idiots.

So, Shawn over here, Mr. Arrogant, Sexist, Belligerent— there's a good chance international condemnation, the potential loss of his livelihood, the sincere expression of anger from Hunt, and especially the post-incident sobriety all might have collided in his head and caused him to rethink his stance on rapey expletives.

Maybe it hit the next day. Or maybe the revelation arose gradually, like body odour, and he was like, "What is that odd feeling?" Then: "Oh God, it's remorse!"

Then maybe he went to his mum (as so many of you insisted he do) and was like, "Mum, I understand that since I wouldn't yell 'F--k Her Right In The P---y' at you, I shouldn't yell it at other women."

Then he went to his employer and was like, "Boss, I'm the not the man I was."

I understand that we want idiots to know there are consequences to idiocy. But, like those in favour of lower incarceration rates, I think we have to allow for rehabilitation.

If we banished everyone who's to some degree a misogynist, we'd soon be able to hear our own echo in the streets. Women's rights haven't come this far by assuming everyone who thinks differently is inherently malformed and unworthy (or incapable) of change.

Like a horse brought to water, there's a chance Simoes took some big gulps of humility, and it's a chance I'm willing to take.

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NOPI COOKBOOK

Where Asian, Middle Eastern and Western worlds meet

Melita Kuburas
Metro | Canada

If you're attempting one of the more complex recipes in his new cookbook with an unsteady hand, writer Yotam Ottolenghi pleads this: "Never experiment on your guests. Always experiment on your family."

Ottolenghi had just flown into Toronto and shortly after signing a stack of books and rushing through a meal prepared by George Brown College culinary students and staff, he was answering questions about Nopi in front of more than 200 fans gathered at the school's auditorium. Nopi (Appetite by Random House, $45) is a sophisticated collection of dishes co-created by Ramael Scully, the head chef at his London, U.K. restaurant of the same name.

It's hard to believe they didn't use a food stylist.

The colours are bold; grapefruit pinks and cilantro greens popping out of the shadows of fried meats that are made glossy with pastes and glazes like miso butterscotch and the soy-based Asian master stock — "liquid gold" that is the secret behind a couple of the signature dishes in this book, Ottolenghi writes.

The stock in Nopi is derived from Scully's Southeast Asian background, a tradition passed on from his family including his mom, whom he still admittedly calls for help if he gets "stuck" on a recipe.

"It's a very unique technique that most chefs would not know," Ottolenghi tells Metro about the stock (recipe on pg. 304). "It's something that you kind of have all the time in the house and you can reuse and reuse. As long as you boil it up properly you can have it for years."

Aside from Nopi, Ottolenghi owns a handful of deli-style restaurants around London. While his four previous books were all New York Times bestsellers, it was 2012's Jerusalem that shook up the culinary world by spawning cooking parties, Instagram hashtags and Facebook accounts where a devoted fanbase shared their creations of the Middle Eastern dishes.

Chefs Yotam Ottolenghi, left, and Ramael Scully. HANDOUT

"The Jerusalem thing was inspiring for people in many ways, because I think they thought they were almost doing something political," Ottolenghi says.

"Sami (Tamimi) and I come from the two sides of this warring place and in a sense I think that was one of the motivations. It (also) featured a lot ingredients people hadn't used before: date syrup, pomegranate syrup, tahini paste ... infused water (orange blossom water and rosewater). It was a journey of discovery to cook through this book," he says.

Ottolenghi uses food to bridge flavours, cultures and worldviews in a way that is challenging but ultimately makes sense. This is likely what makes the self-described recipe writer ("I don't work in a kitchen anymore, he says") so popular.

Nopi is where the Asian, Middle Eastern and Western worlds meet. Ginger is a key ingredient throughout — one of Scully's favourite spices, it's used in a "non-Asian" context such as a butternut squash with tomatoes and lime yogurt.

Yogurt is another staple here. "We took yogurt to different levels," Scully says. "I've smoked it, caramelized it."

Whatever the twist, they want Nopi to "open people's minds," Ottolenghi says. "The idea is not to introduce new ingredients for the sake of it but just show how old ingredients and new ingredients can come together and you have a whole new experience

RAMAEL SCULLY:
"You've got three components: you've got the lamb, that's been lightly marinated in herbs. You've got the red onion pickled and peppered salsa, and you can put that salsa with a piece of fish. Then you've got this peanut sauce that you can also use with fish, or as a crudités dip for a dinner party."

Take your time with a Nopi recipe and choose one you're comfortable with. Lamb Loin with Peanuts, Coconut Milk and Red Onion Salsa is "pretty straightforward," Ramael Scully says.

RECIPE

Lamb loin with peanuts, coconut milk and red onion salsa

Serves 4

Ingredients
- 1 lb 7 oz (650 g) trimmed lamb loin
- 5 rosemary sprigs, stems discarded and leaves coarsely chopped
- 6 cloves garlic, skin on, crushed with the flat side of a large knife
- 3 Tbsp olive oil
- 4 or 8 caper berries, halved lengthwise, to serve
- Coarse sea salt and black pepper

Peanut sauce
- 3 1/2 oz (100 g) roasted salted skinless peanuts
- 5 tsp sesame seeds, toasted
- 1 medium red chile, coarsely chopped
- 3 anchovies in oil, drained and coarsely chopped — 1/3 oz (10 g)
- 2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1/3 oz (10 g) cilantro, leaves and stalks coarsely chopped
- 3 Tbsp coconut milk

Pickled onion salsa
- 1/2 small red onion, sliced into 1/32-inch (1-mm) rounds — 3 1/2 oz (50 g)
- 1/2 tsp sumac
- 1/4 tsp superfine sugar
- 1 Tbsp cider vinegar
- 2 1/2 oz (70 g) jarred piquillo peppers, sliced into 1/32-inch (1-mm) rounds
- 1/3 oz (10 g) parsley, finely chopped

1. Place the lamb loin in a non-metallic container with the rosemary, garlic, olive oil, 1 Tbsp of salt, and 1/2 Tbsp of black pepper. Mix well and leave to marinate in the fridge for at least 4 hours or, preferably, overnight. Take the lamb out of the fridge half an hour before you are going to cook it, to bring it to room temperature.

2. Place all the ingredients for the peanut sauce in a food processor. Blitz to form a smooth paste and set aside until ready to use.

3. To make the salsa, place the onion slices in a bowl and add the sumac, sugar, and 1/4 tsp of salt. Rub in the seasonings before pouring over the vinegar. Add the peppers and parsley, mix gently, and set aside.

4. Place a grill pan over high heat. Remove the lamb from the marinade and discard the marinade. Season all sides of the lamb with 1/2 tsp of salt and some black pepper, then sear for 2-3 minutes, turning so that all sides get browned. Reduce the heat to medium and cook for another 6-8 minutes, until pink in the middle, or a minute or two longer if you want it well done. Let the lamb rest for 2 minutes before cutting it crosswise into 1/3-inch (1 cm) slices. Divide the slices among four plates and spoon the peanut sauce and salsa on top or alongside. Garnish each plate with a caper berry or two and serve.

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The tasty side of social media

Rayna Marlee Schwartz, 28, a freelance prop and crafts stylist in Toronto, found a video online demonstrating how to make apple roses. This photo, which she posted on Twitter, shows her version. THE CANADIAN PRESS/HANDOUT

TREND

Home chefs love accessibility of web tutorials

It seems you can't scroll through Facebook anymore without coming across another slick, quick video recipe.

A Tip Hero video tutorial demonstrating how to make baked apple roses went viral and has garnered 200 million views on Facebook.

Rayna Marlee Schwartz, a freelance prop and craft stylist in Toronto, saw the apple roses recipe — which involves rolling slices of the fruit with puff pastry and baking them in a muffin tin to resemble a flower — online and decided to give it a try.

"I think the videos are really great because ... it breaks it down step by step and I know I (can) watch it over and over again as I go," said Schwartz, 28, who shared her results on Instagram, Twitter and Facebook.

"(And) I thought it was pretty cool that after making these apple roses, I clicked on the hashtag and was like 'Wow, look at all the others' and got to see people from all over the world doing the same thing I was doing.

"I didn't even realize it at the time. I thought that was pretty special."

Katherine Holland, a 31-year-old Toronto-based photographer, was lured by the apple roses video recipe and said she appreciated that she could see the whole process from start to finish in just over a minute.

"Whereas if you're watching ... the Food Network, to make one of those things you're committing to 35 minutes and by the time you're done you're like: 'I have no interest in this anymore. That is the amount of time I could have actually made that,"' she said.

If there's a drawback to getting hooked on the social media recipe trend, it's trying to find the right instructions when you need them, said Nada Bakraky, 29.

"I made these pumpkin cream cheese muffins before from Pinterest, but when I went to find (the recipe) again there were so many variations I couldn't figure out which was the one I'd used the first time," said Bakraky.

"I started writing them down in my own cookbook. But I've stopped buying cookbooks. Everything's online."

Schwartz admits that her tech toys have taken some abuse since discovering online recipes.

"My iPad, when I'm baking, it's covered with flour and egg and everything. It's just thrown on the kitchen counter. I'm touching it with my dirty hands," she said.

Holland, who can't eat gluten, dairy or eggs, said she also loves that online recipes commonly have comments attached that help her make her own tweaks.

"People says things like, 'I changed out these six things,' or 'I cooked this for an extra eight minutes and I found this solved this problem,"' said Holland.

"You'd never get that from a cookbook."

Even the pros have embraced the online chatter around recipes and are adapting. British-based chef Yotam Ottolenghi, owner of five London restaurants and author of the new Nopi cookbook, started using Twitter about four years ago and now also posts on Instagram, Pinterest and Facebook.

"It's been very useful for me, first of all, to engage with people and understand what's going on and also because I like to get a good idea of what people do with the food," he said.

"I think it's really important when you write cookbooks to get this kind of input of what's actually happening."

When Gourmet magazine abruptly shut its doors in 2009, Editor-in-Chief Ruth Reichl said she was buoyed by the sympathetic Twitter community and embraced the interactivity social media offered.

"I'd always felt totally alone in my kitchen and suddenly with Twitter it was like I was cooking with a group of people and I could actually say, 'I have these bananas. What should I do?' And people from all over the world would answer me," Reichl said while in Toronto to promote her new book Ruth Reichl: My Kitchen Year.

"It was exciting. It was like having the Gourmet test kitchen right there in my own kitchen."

THE CANADIAN PRESS

> **My iPad, when I'm baking, it's covered with flour and egg and everything. It's just thrown on the kitchen counter.**
> Home cook Rayna Marlee Schwartz

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You can't beet this recipe for frugality

Beet stems can be turned into fresh pickles for a charcuterie board. PHOTOS: THERESA ALBERT

WORD OF MOUTH

All parts of this purple root can be made into tasty dishes

Theresa Albert
For Metro Canada

Do not throw away anything!

The sustainable "nose to tail, tip to fin before the compost bin" is a wise habit of yesteryear that has returned.

Think of some of the food items that you would normally toss that could have second life: Celery ends, onion skins, chicken bones and carrot tops make perfect soup.

But beets offer the best bang for your autumn buck.

• The beetroot itself can be scrubbed and roasted in the oven, skins on, for 45 minutes at 400 F.

Beet stem pickles can be served 48 hours after being jarred.

• The greens can be rinsed and pan-fried with extra virgin olive oil, minced garlic and a pinch of sugar.

• The stems can be lopped off and turned into fresh pickles for your charcuterie board in no time.

Beet Stem Pickles

• 1 bunch beet stems
• 2 cups water
• 2 cloves garlic, sliced
• 2 tbsp kosher salt
• 1 tsp mustard seed
• 2 tbsp honey
• ¼ cup white wine vinegar

1. Cut stems into a uniform size to fit into a mason jar.

2. Bring water to a boil and add garlic, salt, mustard seed and honey and simmer for 2 minutes.

3. Turn off heat and add vinegar. Place stems into jar and pour liquid over topping with more vinegar to fill.

4. Cover with lid and shake. Store in fridge for 48 hours before serving, shaking on occasion.

5. Consume within 6 weeks as pickles, in salads or on a charcuterie board.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Belvedere celebrates Spectre

Peter Rockwell
For Metro Canada

For Bond, James Bond fans, like yours truly, Christmas comes early this Friday with the release of Spectre. It's the 24th time Britain's booze-friendly spy has hit the big screen.

Aficionados of Bond's liquid preferences did a unified spit-take last time around when 007 was seen sipping a brewski and virtually ignoring a chilled bottle of Bollinger champagne in Skyfall.

The sigh of relief was near deafening when Belvedere vodka announced that they were stepping up to product-place their brand into Daniel Craig's hand, ensuring that his signature Vesper martini would make an appearance in Spectre.

To commemorate their union, Belvedere has released a tie-in Limited Edition 007 ($49.95) version of their luxury Polish vodka.

While inside you'll find the distillery's distinctively silky smooth neutral spirit, it's the outside that will have fans shaken, not stirred.

Circling the Belvedere mansion with the classic Bond rifling swirl, they've added the 007 logo and the creepy octopus symbol of Spectre to the bottle's design. Bond has never looked or tasted better.

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ROUSH

WHAT I'M WATCHING **FARGO: SEASON ONE, EPISODE 10 (SHOMI)**

I rarely pay attention to music on TV shows, but Fargo's is magnificent

Johanna Schneller
For Metro Canada

The Score

Extremely capable, extremely pregnant police detective Molly Solverson (Allison Tolman) starts to tell her chief, Bill Oswalt (Bob Odenkirk), that the case they've been working is almost over — they're closing in on the soulless psychopath (Billy Bob Thornton) who's wreaked so much havoc in their tiny town of Bemidji, Minn.

But she's stopped by the sadness in his eyes. "I quit," he tells her. "I don't got the stomach for it … I used to have positive opinions about the world, about people.... Now I'm staring into the fireplace, drinking. I never wanted to be the type to think big thoughts about the nature of things."

It's a lovely moment about a decent man who can't fathom indecency. But what really moved me is how the score, by Jeff Russo, echoed everything Oswalt said in the swell of its strings and horns. I rarely pay attention to music on TV shows, but Fargo's is magnificent: chilly and ominous when it needs to be, but always with an undercurrent of mournfulness, a throb of humanity. The series is a brainiac's delight — each episode is named for and makes reference to a famous philosophical paradox or dilemma, or a zen koan.

Fargo is the thinking person's cop show with a score that makes you feel things in your gut. HANDOUT

The scripts ruminate on the nature of mankind: What is good? Why do we perpetrate violence? Are we all capable of evil? The actors, with their deliberate overlay of naiveté, do a wonderful job of selling those questions. But it's the score that makes you feel them in your gut.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

CONTROVERSY

Police group calls for Tarantino boycott

Calls by police groups to boycott Quentin Tarantino's The Hateful Eight are putting pressure on one of December's most anticipated releases and inserting one of Hollywood's top directors into a pitched cultural battle.

A growing number of police groups have called for the boycott of the upcoming release after remarks the director made during the Brooklyn rally against brutality on Oct. 24 where he said: "I'm a human being with a conscience. And if you believe there's murder going on then you need to rise up and stand up against it."

THE ASSOCIATED PRESS

Quentin Tarantino
THE ASSOCIATED PRESS

COMEDY

Ansari one step closer to mastery

By one measure, Aziz Ansari has taken just a baby step with Master of None.

The new Netflix comedy series, whose 10 episodes premiere Friday, arrives as the latest in a TV genre of stand-ups (think Jerry Seinfeld, Louis C.K., Jim Gaffigan) depicting versions of themselves both on and off the stage.

But Master is its own distinctive thing, thanks to the distinctive voice of Ansari — a top stand-up who can pack Madison Square Garden in addition to being a capable actor building on his seven-season run as pint-sized impresario Tom Haverford on Parks and Recreation. He also created, produced and wrote Master (in cahoots with fellow Parks and Rec alum Alan Yang) and directed two episodes.

Granted, the 32-year-old Ansari hasn't strayed too far for his new character, Dev, a first-generation Indian-American and aspiring actor who lives in New York, where he has found moderate success doing TV commercials and spends his ample free time with a varied troupe of friends.

Aziz Ansari plays himself in Master of None. HANDOUT

"There's no big premise," says Ansari. "I tried to make the series similar to stand-up in the way each episode deals with a particular topic: long-term relationships, elderly people, how Indians are stereotyped on TV. I've enjoyed all the acting work I've done, but, until now, only in my stand-up have I felt like I've been able to get out my voice."

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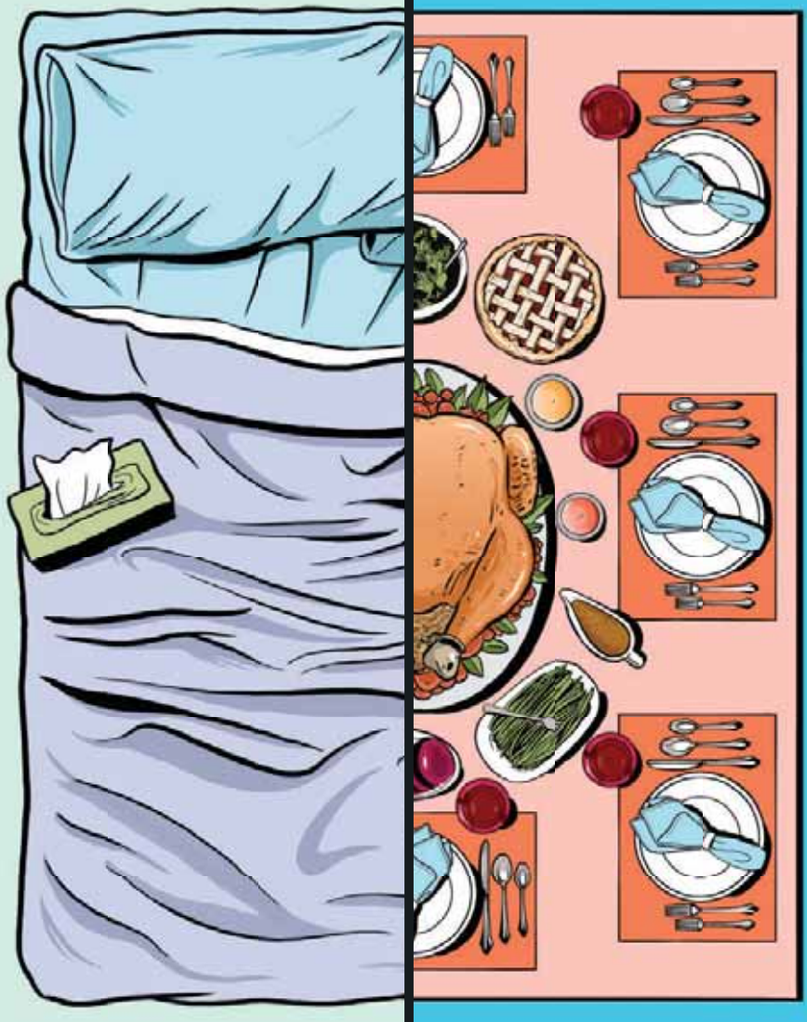
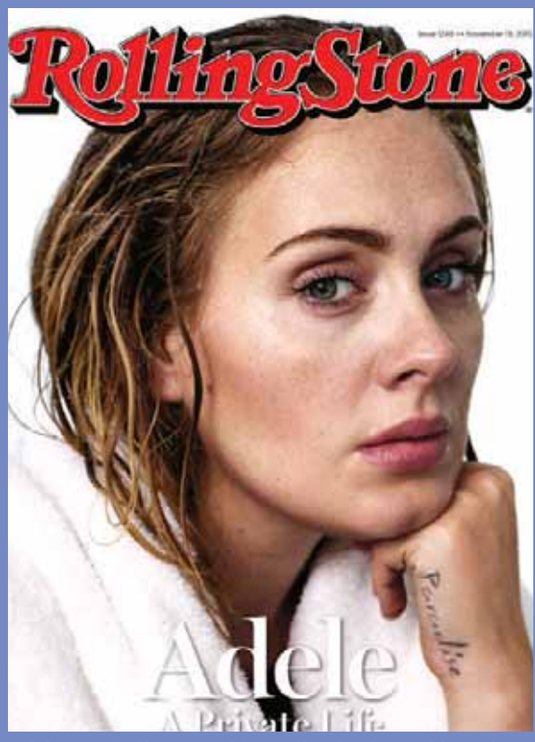


Did you know you can spread the flu without even having symptoms?
For some of your loved ones, the best defence against the flu is you.

Walk in to your local Shoppers and get your flu shot.

SHOPPERS DRUG MART



Adele spent half a year writing Hello. She shares this, and other things you may have not have known about her, in a new Rolling Stone cover story. HANDOUT

Five things Adele wants you to know

ROLLING STONE COVER

Singer spills about drinking, celeb feuds

Matthew Lee
Metro | New York

Adele is on the cover of Rolling Stone, and she has a lot to say.

Because you're a busy person, we've boiled down the article to the five most important things that you need to know:

1 It took her six months to write Hello. Six months! "We had half a song written," says producer Greg Kurstin, who didn't know if Adele was ever going to come back and finish it. "I just had to be very patient."

2 She quit smoking and cut down the drinking. "I absolutely loved it, but it's not that f—ing cool when I'm dying from a smoking-related illness and my kid is, like, devastated," she says. "I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know. They pick up on it and just go for you."

3 She wants Bad Girl RiRi in her squad. "I've heard about a squad. I wish my squad was all supermodels. We are, in our brains. I guess I have my own squad," she says. "It's not as interesting as some of the other squads that are around right now. But maybe Rihanna can be in my squad! That would be really cool."

4 Don't think about pitting her against other pop stars. "I would rather not be that person because that's just pitting a woman against another woman, and I don't hold any more moral high ground than anyone else. So that has pissed me off a bit."

5 She's a feminist. "I believe that everyone should be treated the same, including race and sexuality," she says.

> **I used to be able to drink anyone under the table and still be able to put on an all-right show. But with kids, hangovers are torture. They just know.**

BRIEF

Will Kardashians cash in on Odom overdose?
Now that Khloe Kardashian has settled into nursing estranged husband Lamar Odom back to health following his Nevada brothel collapse, mom-ager Kris Jenner is reportedly making her an offer she (probably) can't refuse. Jenner is said to be dangling a raise in front of Khloe in exchange for including the Odom story on their reality show, according to Radar Online. And sister Kim is not happy Odom is stealing her pregnancy thunder. "She wants the birth of her son to be the centerpiece and not Lamar's overdose," says the source.

METRO

No purchase necessary. One entry per person, per day. Contest open to residents of Vancouver, BC who have attained the age of majority as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won, each consisting of a double movie pass to "Spotlight." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on November 4, 2015 and closes at 11:59 pm ET on November 9, 2015. To enter and for complete contest rules visit www.clubmetro.com.

INTERVIEW

Robin Williams' wife speaks of his illness

Robin Williams' widow says his medical afflictions would have claimed his life within three years — "hard years" — and that she doesn't blame him for his suicide.

Susan Williams said the actor-comedian had not only been diagnosed with Parkinson's disease, a progressive movement disorder, a few months before his death, but also that a coroner's report found signs of Lewy body dementia, a difficult-to-diagnose condition that leads to a decline in thinking and reasoning abilities.

That may have contributed to the anxiety and depression for which he was treated in his last months, and that likely played a role in his August 2014 suicide by hanging.

Though there were many reasons why he ended his life, she said, it may have all come down to one: "I think he was just saying, 'No.' And I don't blame him one bit."

Williams' symptoms began in November 2013, she said in an interview that aired Tuesday on ABC's Good Morning America.

They included stomach pain, constipation, urinary trouble and sleeplessness. By the following May, he was suffering from stiffness, slumping, a shuffling gait and "losing his ability in his voice," she said.

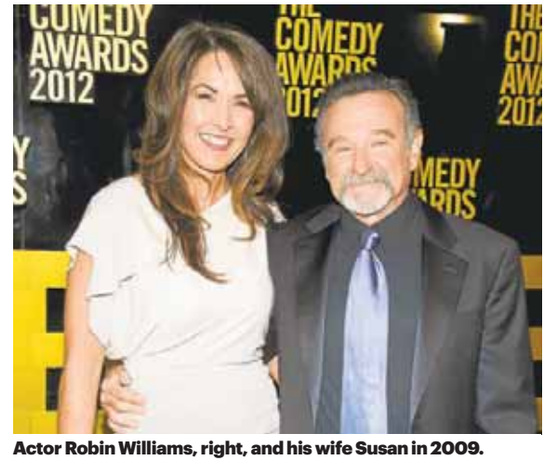
"It's one minute, totally lucid," she recalled. "And then, five minutes later, he would say something that wasn't — it didn't match."

In what would be the final week of his life, doctors were planning to check him into a facility for neurocognitive testing. But in those last weeks, he was "disintegrating before my eyes," she said. "We were living a nightmare."

Williams, who had battled substance addiction in the past, was clean and sober when he died, she said, having recently marked eight years of sobriety.

The couple had been together for seven years and had been wed for three years. She described her husband as "just a dream" and their relationship "the best love I ever dreamed of."

Additional segments from the interview were scheduled to air Tuesday on World News Tonight and Nightline and Friday on The View.



Actor Robin Williams, right, and his wife Susan in 2009. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

metro DRIVE

Your essential daily news

Jaguar E-Type declared the greatest British car in history in a global public vote

Surprise! Yaris sedan returns

ROAD TESTED

THE CHECKLIST | 2016 TOYOTA YARIS SEDAN

THE BASICS

Type. Four-door, five-passenger subcompact sedan
Engine (hp/torque). 1.5-litre I4 (106/103)
Transmissions. 6-speed manual, 6-speed automatic
Price. Base $16,995, as-tested $22,200 (plus destination)

COOL FEATURES

- Available info display with 7-inch touch screen, 6 speakers, 2 USB ports, auxiliary jack, voice recognition and back-up camera
- Power adjustable and heated outside mirrors
- Bold face with hexagon lower grille, chrome and modern sharp-eyed headlights; chrome tailpipe and piano black bumpers
- Standard keyless entry, push-button start and cruise
- 60/40 split rear folding seat
- Surprisingly roomy trunk (382 L)

MIKE GOETZ/FOR METRO

POINTS

- Based on a Mazda2 and built by Mazda at its new Mexican plant
- Sold in U.S. as the Scion iA
- Automatic transmission with lock-up converter provides more city/highway combined fuel efficiency (6.4 L/100 km) than 6-speed manual (6.7 L/100 km)

MARKET POSITION

- Targeted at young and mature customers who don't need lots of room, but still covet premium features
- More of a European take on the small-car segment, where vehicles are expected to have sporty and agile handling, and expressive styling

THE COMPETITION

Ford Fiesta sedan
Base price: $15,399

Hyundai Accent sedan
Base price: $13,899

Chevrolet Sonic sedan
Base price: $19,645

REVIEW

Now with more personality and lots of non-Toyota parts

Mike Goetz
For Metro Canada

"Don't it always seem to go/That you don't know what you've got till it's gone."

When Joni Mitchell sang that line in her song Big Yellow Taxi, I'm pretty sure she wasn't emoting about the Toyota Yaris sedan.

While the Yaris hatchback has remained a constant and popular subcompact player, its sedan sibling hasn't been around for a few years.

The cruel truth is not many of us noticed. That version might have been very serviceable as a small sedan, but unfortunately it was also very nondescript.

This time around Toyota went for more personality, as per its recent strategy to break free of its historically conservative brand image.

It's also different in another major way. The Yaris sedan utilizes the same basic platform as the Mazda2, and is built by Mazda at its brand new facility in Salamanca, Mexico.

Partnerships like this are not uncommon in the auto industry, so no big deal there, but the very distinctive and swooping "Kodo" styling embodied on Mazda products at the moment is a curious element to bring to a Toyota product. Especially when Toyota has gone to a very large and distinctive trapezoidal front grille design. I don't know if marrying those two elements works? Styling is subjective so I'll shut up now about its looks and let you decide for yourself.

As far as the car goes, it's a really sporty and decent performer. Mazda's 1.5-litre four is rated at 106 hp, but from the driver's seat it actually feels feistier than that. Certainly fostering the notion is the raspy engine note, an automatic transmission with a very direct feel, and that well-regarded and stiff Mazda2 chassis.

The optional 6-speed manual should make this small sedan even more fun, but if you're expecting stuff like a big info display, better and more connected audio system with voice command, heated seats, and back-up camera, you'll have to migrate to the "automatic" model ($18,200) and add its exclusive Premium Package ($2,000).

The bones of the cabin are also Mazda, with its prominent top-of-the-dash mounted touchscreen, which can also be navigated with a console-mounted controller. Not a fan of the system in the Mazda and same thing here.

But otherwise the cabin is nicely executed with lots of chrome accents and soft-touch trim, and a steering wheel that's lovely to hold and fitted with switches to access Bluetooth and audio.

Making a small sedan is always dicey, as hatchbacks are able to give you more room and versatility for the same meagre footprint. But if you're going to build one, it makes sense to go this route and make it feel just like a smaller version of those larger and coveted premium sports sedans.

CHEMISTRY

Goodbye to gasoline? Lithium-air battery closer to reality

A new kind of chemistry could power lithium-air batteries over long-standing technological hurdles, leading toward a product that may one day be strong enough to replace gasoline in cars, researchers said Thursday.

Rechargeable batteries have been around for decades — the lithium-ion battery that powers many mobile devices is marking its 25th anniversary next year — but scaling up the technology to the level of powering automobiles has proven difficult.

Researchers have spent years looking into a kind of battery known as lithium-air, or lithium-oxygen, which could provide 10 times more power, and possibly enough energy density to compare with gasoline, but these too have been plagued by practical problems.

While an ultimate lithium-air battery remains at least a decade away, researchers at the University of Cambridge say they have patented a technology that overcomes some of the major obstacles.

Senior author Clare Grey, a chemistry professor at the University of Cambridge, said her team's "significant achievement" has been making strides toward high capacity "and the fact that we've taken the efficiency down into numbers that compete with current lithium-ion technology," she told reporters.

Since the technology is still in the lab phases, it is not possible to directly compare it to currently available technologies, she said.

But the latest approach has shown increased energy efficiency of up to 93 per cent, and does so by relying on a very different kind of chemistry than previous attempts, employing lithium hydroxide (LiOH) instead of lithium peroxide (Li_2O_2).

The "demonstrator relies on a highly porous, 'fluffy' carbon electrode made from graphene (comprising one-atom-thick sheets of carbon atoms), and additives that alter the chemical reactions at work in the battery, making it more stable and more efficient," said a statement from the University of Cambridge.

The result is another step on the path toward a more practical, high-powered battery, said Grey.

The paper is published in the U.S. journal Science. AFP

Rechargeable batteries have been around for decades but scaling up the technology for cars has proven difficult. ISTOCK

It's turbo time for the Porsche 911

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

EMISSIONS

Porsche flagship gets turbo engine across the lineup

It's a long way from the original air-cooled four-cylinder engine that once hung out over the Porsche 911's rear axle, but in an effort to help meet increasingly stringent fuel economy and greenhouse-gas-emissions standards, Porsche will have turbocharged engines across most of its 911 sports-car line. And it's no happy accident that they will offer a 20-horsepower increase in output over the current, non-turbo engines. Non-turbo engines will still be offered in some models such as the racetrack-inspired GT3. The new 3.0-litre turbo has slightly less displacement than the current 3.4- and 3.8-litre engines, but turbocharging forces more air into the cylinders, artificially increasing displacement when extra power is needed.

TEXT AND IMAGES BY WHEELBASE MEDIA

EXTRA RANGE

New Leaf springs further per charge

The world's best-selling electric car is back for 2016 with a newly optional battery pack that's good for about 170 kilometres of motoring range per charge, up from the base range of about 135. Sporting the first 30-kilowatt battery in the segment, the bigger-battery Leaf gains about 20 kilograms without sacrificing interior space, and retaining its four-door hatchback passenger/cargo versatility. It has exactly the same interior dimensions as the existing 24-kilowatt Leaf, but the extra range "will make Leaf ownership an easy first choice for many, many more drivers," said Nissan Europe chairman Paul Wilcox.

PRODUCTION

Seeking a breakthrough with windshield glass

In the quest to make cars lighter and stronger, more auto manufacturers are looking at Corning's Gorilla Glass.

Already widely used among mobile-device manufacturers, Gorilla Glass reduces the typical windshield's weight by up to 30 per cent.

The rub as always, reports Motor Authority, comes with the cost. The chemical process that gives Gorilla Glass its strength is more expensive than the traditional soda-glazing process, so finding a production technique that allows automakers to exploit its advantages and meet automotive standards — without becoming too pricey — will be key.

"Given the industry's demand for glass, it's clear widespread adoption isn't a matter of if, but when," says the website.

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Highline model shown

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*Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Tiguan FWD Trendline (#5N21V4) base model with 6-speed manual transmission. $1,760 freight and PDI included in monthly payment. 48-month term at 1.99% APR. $0 down payment, $0 security deposit and first monthly payment in excess of payment credits (if applicable) due at lease inception. Total lease obligation: $13,940. 64,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ‡Limited time lease credits (on approved credit, through Volkswagen Finance) on select 2016 models available to be applied to first two monthly payments up to a maximum amount of $700 per month for the Tiguan FWD Trendline. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end November 30, 2015 and are subject to change or cancellation without notice. Model shown: 2016 Tiguan 2.0T Highline R-Line, $39,993. Vehicle shown for illustration purposes only and may include optional equipment. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Tiguan", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2015 Volkswagen Canada.

metro SPORTS

The Toronto Blue Jays exercised the options on outfielder Jose Bautista, right-hander R.A. Dickey and first baseman/DH Edwin Encarnacion

Earnshaw eager for shot at cutting down Timbers

WHITECAPS

Striker wants to be a threat for second leg of semifinal

Cam Tucker
Metro | Vancouver

Robert Earnshaw scored the game-winning goals in the Whitecaps' victory over the Timbers on March 28 at BC Place Stadium. RICH LAM/GETTY IMAGES

Rewind back to March 28 of this year. Vancouver Whitecaps versus Portland Timbers at BC Place Stadium. Robert Earnshaw on the pitch for the final few minutes of the second half. The veteran forward is given one chance as the ball slips between two Portland's defenders. What happens next?

If you said Earnshaw scores, you're correct.

The late goal broke a 1-1 deadlock, giving Vancouver the win over its Cascadia Cup rivals.

Suppose the two teams find themselves in a similar situation in the second leg of their Western Conference semifinal on Sunday. The Whitecaps got the clean sheet in the opening leg in Portland, but couldn't score the important away goal.

Earnshaw, 34, has experience as a scorer throughout his career. It's a small sample size but he's scored twice on his only two shots on goal in a combined 43 minutes of MLS regular-season play this year.

If it comes down to one last dash for the Whitecaps and they need a poacher to try to collect a critical goal, could Earnshaw be that guy? He has, based on his comments Tuesday, been preparing for such occasions not just for years but decades.

"For me, it's no accident. It's what I do," said Earnshaw.

"I go home and study this. This is my 18th season, but ever since the 1994 (FIFA) World Cup, I sit down and study goals, I study how defenders work, I study how goalkeepers work, I study how I can finish.

"If I don't score, that's down to just the game and how it is. But if I'm out there, I'm going to be a threat."

Despite at least three prime scoring chances in the first half of the opening leg in Portland, the Whitecaps couldn't convert.

Octavio Rivero, Vancouver's striker, had one of those early chances, but sent the ball off target. After a roaring start to his Whitecaps career, with five goals in his first six games, Rivero has scored just five times in his last 28 games.

"Whichever personnel I decide to use, we've got to win at home," said head coach Carl Robinson.

As Sunday's game inches closer, Earnshaw said he and the coach will talk at some point this week.

"For sure, if he asks me, then I'm going to say I'm always ready," said Earnshaw.

GETTING RECOGNIZED

Major League Soccer announced the finalists for its 2015 awards, with a trio of Vancouver Whitecaps prominently featured on the list.

Carl Robinson is up for MLS Coach of the Year, which will be announced on Nov. 24. David Ousted is up for MLS Goalkeeper of the Year, announced on Nov. 19, and Kendall Waston is up for MLS Defender of the Year, announced on Nov. 11.

IN BRIEF

Babcock expected to head Team Canada once again

Hockey Canada is expected to name its coaching staff for the 2016 World Cup of Hockey on Thursday in Toronto.

Mike Babcock GETTY IMAGES

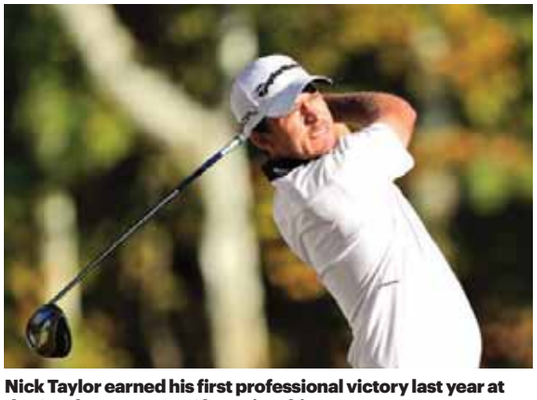
Mike Babcock of the Maple Leafs is expected to be named head coach after leading Canada to gold medals at the 2010 and 2014 Olympics. According to reports, Babcock will have Joel Quenneville of the Chicago Blackhawks and Claude Julien of the Boston Bruins on his staff. THE CANADIAN PRESS

Royals celebrate World Series win with city parade

The world champion Kansas City Royals basked in the adulation of thousands of ecstatic fans in a parade and rally Tuesday that nearly shut down downtown for hours.

After driving a 2.3-mile route in a caravan, team owner David Glass, manager Ned Yost and several of the Royals returned the love by telling fans they could not have captured the World Series without their support and calling the turnout for Tuesday's celebration "unbelievable" and "amazing."

"This is a day like none of us have seen before and we appreciate it from the bottom of our hearts," Yost said. THE ASSOCIATED PRESS



Nick Taylor earned his first professional victory last year at the Sanderson Farms Championship. MICHAEL COHEN/GETTY IMAGES

GOLF

Taylor back to defend title after big year

Canadian golfer Nick Taylor is coming off a year of firsts: acquiring his first PGA Tour card, playing his first full season the top level and recording his first tournament win as a professional.

He's ready for another first at this week's Sanderson Farms Championship. Taylor will be a defending champion for the first time at the US$4.1-million event.

"It's quite the experience, it's something that I haven't done before," Taylor said Tuesday during a conference call.

> **It's something that I haven't done before.**
> Nick Taylor on his title defence

"A lot of good memories coming back here." Taylor overcame a four-shot deficit on the final day last year at the Country Club of Jackson and then held off Americans Boo Weekley and Jason Bohn for a two-shot victory.

The Canadian potted a cool $720,000 for the win. The tournament is played over the same week as the WGC-HSBC Champions event, so the highest-ranked player in the field is No. 62 Brendon Todd. Former major champions Lucas Glover, Trevor Immelman and David Toms are also slated to play.

Taylor, 27, broke through last season after spending his first few years on lower-level tours. He played 24 events on the Web.com Tour in 2014 before his solid rookie campaign on the PGA Tour. The Winnipegger — who grew up in Abbotsford B.C. — said he has worked on being more patient on the course. "I wasn't having great finishes. So far this year, I think I've played pretty well on the weekends. That's learning from last year."

Taylor was the first Canadian-born winner on the PGA Tour since Mike Weir's 2007 victory at the Frys.com Open. THE CANADIAN PRESS

METROTALKS TIE DOMI

Think you know Tie Domi? You are in for a surprise. As we found out during a conversation with the former hockey player, the on-ice enforcer — who skated from fight to fight — is cementing his legacy with his new memoir, Shift Work.

Thoughts from the penalty box

Dean Lisk
Metro | Canada

When you have a record for being a brute and a goon — 333 career fights in the NHL — how do you change people's view of you?

For Tie Domi, the answer comes from examining his past and focusing on experiences that led to lessons about respect and accountability on and off the ice.

"I love when there is all this speculation about what type of person I was and the role I played," said the former Toronto Maple Leaf, New York Ranger and Winnipeg Jet. "I am totally fine with that."

Sure, Shift Work, out this week from Simon and Schuster, has all the puck and stick tales you would want in a memoir of a high-profile player known for bringing action into the game (fights with Bob Probert and Scott Niedermayer, to name a couple), but it's more about the ordinary people who have inspired Domi with their values.

Domi says he was approached to write a book after he retired from hockey in 2006, but the timing wasn't right. He was going through a divorce and had lost money in the 2008 financial meltdown. At one point, he returned home to find an eviction notice tacked to his apartment door.

His life had ebbed too far to write the story he wanted. He planned for the book to be positive. Domi says the real lessons in Shift Work are the ones he learned off the ice.

There is the example of his immigrant father, John, a small-business owner living in Belle River who taught young Tahir (Tie's traditional Albanian name) and his two other children the value of hard work and family.

There is Domi's own experiences attending the funeral of Wade Belak and seeing only three Leafs teammates there.

"I have always believed that life is too short to be negative. Moments like Wade's death and his funeral — and more importantly, the memory of his life — are another reminder to set your sights high and to never be afraid to ask for help to get there."

There are also the strangers. Strangers who became strong friends he admires for their positive attitudes. Rod who shines shoes, Milton and Joe, a waiter and bellman at the Four Seasons hotel in New York, and those coffee-shop employees who put up with customers talking on their cellphones and mumbling orders.

"People say, 'Why the back of your head? Why not your face?'" says Domi, pointing to the cover of his new book, which features the back of his helmet. "This wasn't about me."

"There are real-life stories in there," he added, opening the book and pointing to the photos on the inner cover. "I can't go fight for the guy and stick up for him but I can say what they want to say, and that is why I did the book."

Still, the hockey lover will not be disappointed. In one chapter, the enforcer recounts a moment from his early days with the Rangers, when he scored a goal and rode his stick down centre ice in celebration. He was pulled into the training room by Mark Messier and told to stop the WWE antics.

"He looked me right in the eyes and he said that I had to change my ways. 'You're never going to get respect in this league if you don't respect your peers!'" Domi writes.

"When you are in the public eye, people are always going to have their opinions — whether good or bad," says Domi. "The people who aren't well wishers, those type of people, that negative energy, I wasn't attracted to that in my friends or in my teammates. I was always positive and protected everybody.

"If you weren't positive, then you didn't last around on the teams I was involved in."

Tie Domi opens up to Metro about his new memoir and takes on an intern in an arm wrestle. LIZ BEDDALL/METRO

THE PLAYERS

We asked Tie Domi to give us his thoughts on some of his contemporaries — for better or worse — and some of the highlights from his career.

Mats Sundin
"Unbelievable player. Unbelievable person. Unbelievable friend."

Darcy Tucker
"Played hard. Tough as nails. Heart like a lion — and you could really rattle him easily."

Eric Lindros
"Next..."

Ed Belfour
"Him and Curtis Joseph are two of arguably the best goalies besides Johnny Bower, ever. Eddy Belfour is a great guy, a great teammate — an unbelievable teammate."

Probert-Domi 1 versus Probert-Domi 2
Which is the better fight?
"For me, Probert-Domi 1."

Daniel Alfredsson
"A lot of respect for him; beat him four times in a row."

TUTORIAL ARM WRESTLING

Wrist action

By his own admission, Tie Domi is an arm-wrestling champ. At 14, when Domi was a Junior C hockey player, his older friends would get him into bars — including Misty's near Pearson International Airport in Toronto — where he would smoke adults in arm-wrestling competitions. We asked him to show us his skills.

"I've never lost, so if you want me to break someone's arms, I'll break someone's arm," he said intensely. He calmed down when he was introduced to Metro's intern, fourth-year Ryerson University journalism student Mallory Chate.

"I am not going to slam any girls. My daughter would be like, 'Dad, you beat a girl in arm wrestling? Are you kidding?'" Domi said before placing his right hand in Chate's left. "The key to cheating in arm wrestling is 'wrist first,'" he tells her as he turns his wrist so his hand covers hers. "Always get the jump."

How did the tutorial go? Visit metronews.ca to watch Chate take on Domi.

BOARDING

Domi admits taking one for the team

Matt LaForge
Metro | Canada

Tie Domi has a confession to make to Ottawa Senators fans: it wasn't all Ricard Persson's fault.

In his new memoir, Shift Work, Domi reveals that a pivotal moment in the Ottawa Senators' torturous playoff history against the Toronto Maple Leafs was not exactly as it appeared.

The scene: May 12, 2002, Corel Centre, Game 6 of the Eastern Conference semi-finals. The Senators are up 3-2 in the series and leading the game 2-0, well positioned to advance to the third round and, more important, to beat the Leafs in the playoffs for the first time in three consecutive tries. But with about seven minutes to go in the first period, Persson, an unheralded Sens defenceman, takes an ill-advised run at Domi from behind, sending the Leafs enforcer violently into the boards and opening a bloody gash on his face. Persson gets five minutes and a game misconduct for the hit. The Leafs score twice on the ensuing power play. The Sens never recover. To this day, Ottawa still hasn't beaten Toronto in the playoffs.

Every Sens fan who was sentient at the time remembers the hit and its aftermath vividly, and for the past 13 years the entirety of the blame has been on Persson, who never played another minute in the NHL. But, as Domi was happy to admit to Metro, the hardheaded winger had seen the hit coming and was able to turn it to his advantage.

"I see him coming and I step back from the boards, and he hit me and I ... cut myself purposely," Domi said as he mimed a deliberate headbutt against the boards.

"Two goals on the power play. I hate to ruin it for all the Senators fans."

In other words, Sens fans, the whole thing was even worse than you thought.

Baertschi deserving of a better fate

Sven Baertschi has yet to score a goal this season.
RICH LAM/GETTY IMAGES

THE HOCKEY NEWS
Ronnie Shuker

Poor Sven Baertschi. He just can't buy a goal. And the coaching staff isn't doing much to help him out.

With no goals and just four assists in 10 games played, Baertschi must be getting antsy, especially with the news that both Jared McCann and Jake Virtanen will be sticking with the team. All three are averaging between 10 and just over 11 minutes per game and are fighting to get more minutes, but you can bet the Canucks didn't keep McCann and Virtanen with the expectation their ice time would diminish.

So their gain will likely be Baertschi's pain. And it's too bad, really, because Baertschi deserves better than he's gotten from coach Willie Desjardins so far.

In almost every possession metric, Baertschi is near the top among Canucks players, ahead of McCann, Bo Horvat, Brandon Prust, Derek Dorsett, Jannik Hansen, Alexandre Burrows, Adam Cracknell and Brandon Sutter — all of whom are averaging more ice time than Baertschi's 11 minutes per game.

Not only that, Baertschi has shown he produces when he sees more ice. In the four games he's had an assist, he has averaged 12:45 of ice time, nearly three minutes more (9:50) than in games he hasn't recorded a point.

At 23 years old, Baertschi is approaching bust territory after going 13th overall in 2011. The Canucks had hoped to spark the scoring touch the Flames couldn't ignite, but so far no good. You can hardly blame Baertschi for that, however. Giving a natural goal scorer fewer than 10 minutes of playing time alongside a pair of grunts is like giving an Olympic skier two twigs and telling them to go win a gold medal.

Baertschi deserves better, particularly after a promising pre-season. And the Canucks would reap the rewards of taking the small risk of putting him in the top-six and leaving him there for an extended period of time.

Professional athletes will tell you that all they ask for is a fair chance. Baertschi never got it in Calgary, where fans traditionally genuflect for grunts and goons, and so far he hasn't gotten it in Vancouver.

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RECIPE Salmon Rice Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 45 minutes

Serves 4

Ingredients
- 1/2 cup soy sauce
- 2 tsp sesame oil
- 1/4 cup brown sugar
- 2 tsp sriracha sauce
- 3 Tbsp rice wine vinegar
- 3 salmon filets
- 1 cup rice
- 1 carrot, matchsticked
- 1 pepper, matchsticked
- 2 cups cabbage, finely shredded
- 1/2 cup edamame
- 1/2 avocado, cubed
- handful of sliced scallions
- 2 Tbsp sesame seeds
- 1 sheet nori, torn into small pieces (optional)

Directions

1. Whisk together the first five ingredients and set half of it aside for dressing. Pour marinade over salmon, cover with cling film and place in the fridge for half an hour.

2. Preheat oven to 425 F. Cook rice according to package instructions.

3. Cover a baking sheet with foil. Place the salmon on the sheet and bake for about 8 minutes. Discard the remaining marinade. Remove from the oven and break cooked salmon into large bite-sized chunks.

4. In a large bowl, toss together the cabbage, carrot, pepper, edamame and avocado with the salad dressing. Place a large scoop of rice in each bowl, add a large scoop of salad mix. Top with pieces of salmon to the top and scatter over with scallions, sesame seeds and nori.

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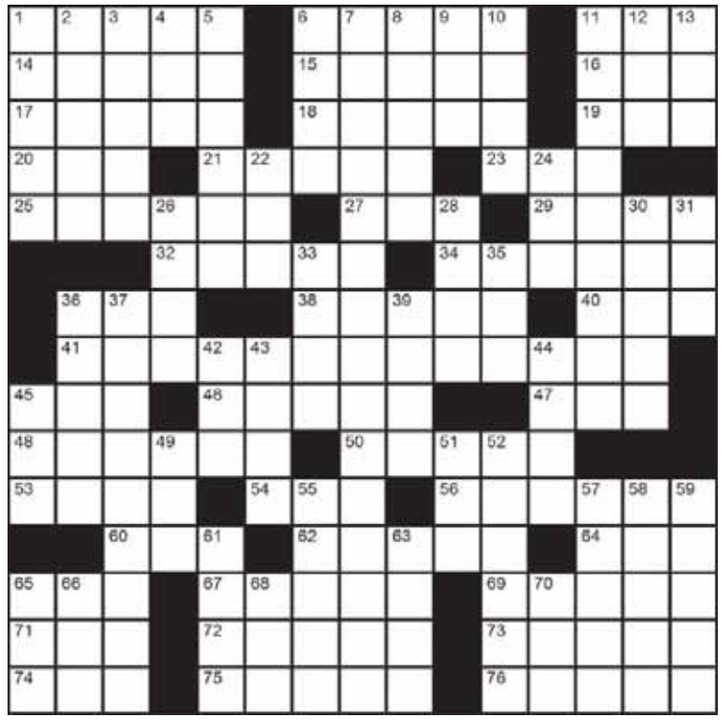
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Real estate agent's presentation
6. "Iron Chef America" host Mr. Brown
11. Wear
14. Horn, in Latin
15. Sir __ _. Macdonald (Canada's first Prime Minister)
16. Pint drink
17. Lock of hair
18. Once _ __ (Every 12 months)
19. Allow
20. Back then
21. Ms. Reid, and namesakes
23. "Fantastic food!"
25. Sort of soup
27. "WKRP in Cincinnati" news director
29. Component
32. Plaudit
34. Kind of overcoat
36. CFL positions, e.g.
38. Stately
40. There: Latin
41. 23rd Prime Minister of Canada: 2 wds.
45. 'Me' in Montreal
46. Waikiki welcome
47. Clinic pros
48. Acrylic fabrics
50. Go in
53. Subtraction opp.
54. Bow
56. __ and dryer
60. "__ all good." (Things are fine)
62. Famous cream-filled treats
64. Inventor Mr. Whitney
65. Room for reading
67. Angel props
69. Lodged, say
71. Energy unit
72. Solemnly swears
73. __ Corporal (Marines rank)
74. Used to be
75. __/__ question
76. Irish poet W.B.

DOWN
1. Eight-based
2. Shape the iron
3. Refrigerant
4. Nav. designation
5. Characteristic of a log cabin
6. Not quite closed
7. In allegiance with Queen Elizabeth: 4 wds.
8. This stuff
9. "__ _ Carousel" by The Hollies
10. Not one
11. 1 of a 101 in the Disney movie
12. Grand __ Opry
13. Goalie's area
22. Everything
24. Increases
26. Dick Tracy's beloved
28. U.S.S. Enterprise crew member
30. Puzzle type
31. Prefix with 'angle'
33. 'A' in AD
35. Pointed the way
36. Coastal sight in Norway
37. The Parliament __
39. __ muffins
42. Neutral tone
43. Character in "Casablanca" (1942)
44. Makes mistakes
45. New Zealand bird at one time
49. Ottawa's li'l locale
51. Testing, testing One, __, Three...
52. Without problem
55. Chocolate-coated caramel candies
57. Mehndi need
58. Send to Parliament
59. Drives
61. Single-horse carriage
63. Big name in gas stations
65. Mountain __ (Soft drink)
66. Great time
68. Road type, briefly
70. Highlands negative

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something will happen that makes you wonder if you were too quick to judge someone. Yes you were. Your mistake won't cost you much this time but check your facts in future.

Taurus April 21 - May 21
Something you've been trying to keep a secret will be revealed for the world to see. There is no point trying to deny what you have done, so you might as well enjoy your notoriety!

Gemini May 22 - June 21
Cosmic activity in a sensitive areas of your chart means it will be difficult, maybe impossible, to get through to loved ones today, so don't waste your time trying. They will come around when they are ready.

Cancer June 22 - July 23
Try not to expect too much of yourself today because it is unlikely that you will get much done. Saturn's influence warns you need to take better care of your health. Take it easy.

Leo July 24 - Aug. 23
Make life easier for yourself by avoiding confrontations and giving others the benefit of the doubt even when they do not deserve it. Why make life more difficult than it needs to be?

Virgo Aug. 24 - Sept. 23
Little things will get under your skin today and you will find it hard not to snap at people. Those who know you well will read the signs and stay out of your way. Those who don't will learn the hard way.

Libra Sept. 24 - Oct. 23
The best way to deal with setbacks is to greet them with a smile and show those around you that you are not in the least bit worried. It may not be true but pretend that it is.

Scorpio Oct. 24 - Nov. 22
Be wary of people who go out of their way to appeal to your emotions. You could lose out in a big way if you let others persuade you to believe in what your head tells you is rubbish.

Sagittarius Nov. 23 - Dec. 21
The more you give in to others' demands today the more they will expect of you, so put your foot down and leave no one in any doubt that you are not the sort who can be intimidated. Help yourself!

Capricorn Dec. 22 - Jan. 20
While others are running around in a panic you will calmly assess the situation and decide what needs to be done. Whether or not it is the right decision is not important: what matters is that you keep your head.

Aquarius Jan. 21 - Feb. 19
You are entitled to your opinions and you are entitled to express them. Freedom means the right to disagree and the right to be heard. Just remember it works both ways.

Pisces Feb. 20 - March 20
People in positions of power will be a bit touchy today, so think before you speak and think again before you act. Your reputation could suffer if you upset those who call the shots.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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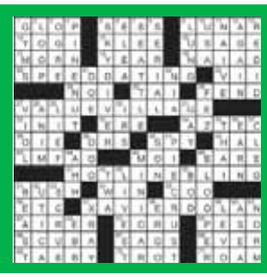

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6	1	9	3	2	7	5	8	4
5	7	8	6	4	1	3	9	2
8	3	4	9	5	6	1	2	7
9	5	1	2	7	4	8	6	3
7	2	6	1	3	8	9	4	5

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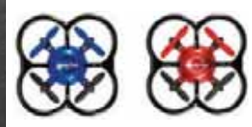

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